



**US Army Corps
of Engineers**
Galveston District

The Sand Castle

"A newsletter by and for the employees of the Galveston District"





On the cover: The jetty walkway in Matagorda. Above: The beach at Matagorda several hours before Tropical Storm Fay came ashore. Photos taken by Simon DeSoto, Lockmaster of the Colorado River Locks.

Volume 19 Number 9

The Sand Castle

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*A newsletter for and by
the employees of the
Galveston District*

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I want to thank every member of Team Galveston. We have finished up the busiest part of the year. The end of every fiscal year is always stressful as we finish up projects, built accruals and close out contracts. As I write this column it appears once again that Team Galveston will execute our entire budget (plus). This was no easy task and I would like to thank each and everyone of you who did your part.

From where I sit, I see and hear of great people doing great work. This is the time of year for contracts and the three names that I hear all the time is

Curtis Cole, Contracting, Willie Joe Honza, Project Engineering and

Mike Castelline, General Engineering. Thank you for a great job, (once again). It really takes a great effort to accomplish the mission our nation gives us. Our general engineering section has processed \$77 million of project work in the last two months, super effort. Mike is proud of the effort of his team and so am I.

Even with our fiscal year coming to an end, our normal day-to-day activities go on. A great example of this was a phone call I received from a local resident. Most phone calls I receive are usually associated with problems that need my help, but this phone call was to let me know of the great work of ***Sam Watson, Planning.*** As the story goes her neighbor filled in wetlands which were now affecting her property. Every time she called her local government all she got was the run around. It wasn't until she called the Galveston District that she received help. Sam went out of his way and spent several hours with her listening to all of her concerns and proposed possible solutions. Even though the problem has not been resolved, she has a course of action and was pleased she received courteous, useful information.

Please remember: helping people is what we are all about. We are in the public service business. When you talk to the public, **YOU ARE THE UNITED STATES ARMY CORPS OF ENGINEERS, GALVESTON DISTRICT.** So take the time to listen and help, make that extra phone call to get them linked up with the person that can solve their problem. Treat them like you would want to be treated if you had the problem and be sensitive to their needs.

Everyday I find people going above and beyond what is expected of them. Couple of months ago ***Tracy Orr, Regulatory,*** brought in Weight Watchers and we had over thirty people sign up. I signed up and have lost 16 pounds to date and looking forward to lose more. I have tried to lose weight all my life and it has only been the last 60 days that I have had any success. Thanks, Tracy. This month ***Lynette Anders, Engineering,*** brought in Yoga, I missed the first session, but I plan to go to the next one. Lynette thank you for taking the time and effort to coordinate this lunch time activity. It was a great first turn out and the employees looked like they were have a great time.

Thank each and everyone of you for what you do to make the district successful.



Col. Leonard D. Waterworth



Lieutenant General
Robert B. Flowers

The Importance of PMBP

By now some of you have had an opportunity to view the first compact discs (CDs) of the PMBP curriculum - Introduction and Why PMBP. Many of you are beginning to

develop program and project management plans and to form teams for implementing the PMBP and its various components - the curriculum, the business processes, P2 and ER 5-1-11. I applaud each and every one of you for taking the initiative to play a role in helping your organization in successfully implementing the PMBP.

As you know, it has been my goal that we implement the business processes (BP) manual beginning FY 03. ***It is my highest priority.*** I believe the PMBP - the systematic teaming approach with supporting doctrine, processes, tools, and corresponding curriculum - is key to the Corps' continued relevance to the Army and the Nation. PMBP is synonymous with a flexible, adaptable, learning organization - made possible by teamwork and capable people - who are you.

For those who have not yet become engaged in the PMBP curriculum, there are plenty of opportunities. There are eight courses in all planned for PMBP- each consisting of a self-study component, a small group discussion component, and a formal training component. The 8 courses are being delivered as they are developed over the next 18 months.

I believe PMBP is so important to our future that I want to give you flexibility for maximum opportunity to view the CDs as it suits your own schedule and location. Having your own copy of the curriculum allows you to make repeated reference to what you learn in the curriculum as you put it into practice. My intent is for each of you to share what you are learning with others on your teams, including, where appropriate, your customers and other stakeholders. You may wish to use

excerpts of the courses in team meetings, learning together about how to manage your work to best meet the needs of your customers. When you receive course - 6 - Working in the PDT - it will present to you an in depth training in the business processes manual and using the P2 tool - key enablers of the PMBP.

Now I would like to stress the importance curriculum small group discussions, which I consider vital to the success of the PMBP. I ask you to take these small group discussions seriously. Why? They offer us, individually and organizationally, the opportunity to develop shared understanding of PMBP, how it works, how it affects each of us and what role we each play. That shared understanding is essential for us to develop the agility we need to meet today's and the future's challenges. Inherent in your participation in small group discussions is the team discipline of learning from each other - of forming those third alternatives I talk about and of being a continuously learning, improving - and relevant - organization. I recommend your groups be cross-functional to best facilitate shared learning and to emphasize the team environment - the heart of the PMBP.

To assist in the continual reinforcement of PMBP principles, there is a mentoring program associated with the curriculum. Training for this program is available online through the curriculum web site - soon to be accessible directly through the PMBP Portal. I plan to focus on institutionalizing mentoring and coaching of our people.

With the implementation of the PMBP program, we are well on our way to becoming a learning organization and to realizing our Strategic Vision. I ask each of you to get involved in this important time in the Corps' future. ***Start asking questions. Be persistent to get your copy of the PMBP curriculum CDs, view them, participate in small group discussions, and share what you learn with your coworkers, customers, and others.*** Last but not least, apply the PMBP principles to your work every day.

U.S. District Judge sides with Corps on case against Dimitrios N. Manetas

In a case filed by the U.S. Attorney's office on behalf of the U.S. Army Corps of Engineers against Dimitrios N. Manetas for violations of the Clean Water Act, a consent decree has been signed by U.S. District Judge Samuel B. Kent, with the defendant agreeing to pay an \$18,721 fine and to follow a mitigation plan to compensate for damages done to wetlands and marine habitat on his property.

Manetas owns some 17 acres of land, east of I-45, just north of the Galveston Causeway, near the John O. Quinn wetlands area.

The consent decree requires that Manetas stop the discharge of pollutants into the waters of the United States; to require him, at his own expense and at the direction of the Corps, to restore and/or mitigate the damages caused by his unlawful activities; and, levies the fine against him. The mitigation requires he create

seven times the amount of acreage of damaged wetlands — .7 acre. He also will be under the supervision of the court for ten years with regard to any violation of the Clean Water Act.



Texas wetlands.

If any violation occurs during the ten years, he will be in violation of the injunction and subject to contempt of court charges.

Relatively speaking, a Corps spokesperson said, the violations were small but his repeated violations of the act

carried a lot of weight in the judge's acceptance of the out-of-court settlement. The civil suit filed against Manetas in December 2000 listed nine violations of the Clean Water Act, stemming from filling wetlands

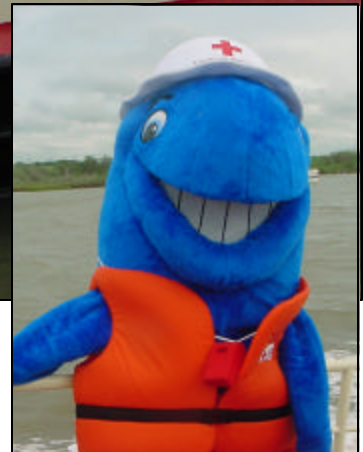
Benefits of the consent decree in addition to the fine, include Manetas pulling down levees around what was a borrow pit, turning it into a more enhanced habitat for marine life. Redfish, drums, crabs, shrimp and other marine life that already populate the pit will have the area opened for them for easier migration to and from Galveston Bay

Although the Corps of Engineers Galveston District brought the charges against Manetas, the money collected through the fine goes directly to the U.S. Treasury. The amount of fine follows standards set by the Environmental Protection Agency.

Galveston District and American Red Cross: *Partners in Water Safety*



Longfellow the Whale with members of the American Red Cross, Simon DeSoto, lockmaster of the Colorado River Locks and Kristine Brown, park ranger from the Houston Project Office.



Longfellow the Whale

Longfellow the Whale made a visit to the Colorado River Locks Sept. 5 in his efforts to promote water safety in Matagorda County.

Longfellow is the water safety mascot of the American Red Cross in Matagorda County. This organization is a partner of the Galveston District's water safety program and the two groups are working together to promote safety for recreational

boaters in Matagorda County waterways.

The mascot goes to all day-care facilities, pre-schools and elementary schools up to the fifth grade level in Matagorda County to spread the safety message. One of its next appearances will be at Matagorda Harbor to alert people on water safety issues. Simon DeSoto, lockmaster at the Colorado River Locks will accompany Longfellow to the harbor.

Improvements at the Colorado River Locks under “Fay”tful timing

The Corps is on the move with plans to improve navigation at the Mouth of the Colorado where shoaling has plagued mariners and caused excessive dredging to keep the channel open. Construction of a “sediment training structure” is the first step for the Corps to take to alleviate the growth of the critical shoaling area.

Plans are to advertise the work in October and open bids November 6 with construction scheduled for January, February and March.

According to Dr. Nicholas Kraus of the Coastal Engineering Research Center, the idea is for a dike/groin to direct sand into the impoundment basin, rather than it traveling on to shoal the channel. It is hoped that the structure will bring the area back to the two year dredging cycle. This is the first step of full recommendations for the inlet.

“The point is that we do it step by step and maybe we won’t have to do the next step,” said Dr. Kraus. There are a total of nine possible steps. These steps can be changed or not implemented once the results of each previous step are known.

On Sept. 4, the group from WES installed current meters to looking at the flow of water level coming over the jetty and the movement of the sediments. These meters will monitor conditions before, during, and after construction of the structure and will help determine if the next step in the master plan need to be taken. A web camera has also been installed in order that what is happening on the beach can be seen on line by Corps personnel.

Unfortunately, Tropical Storm Fay intervened and while the meters were removed before the storm hit the area, the mounts were torn from the side of the walkway by the wave action. They are now repaired and the meters are back in place.

The meters will provide solid data for Step 2 if it is needed. Step 2 in the plan is to raise the seaward end of the existing weir.

Corps personnel met with members of the local sponsor, the Port of Bay City, to explain the plan at the Matagorda Harbor on Sept. 4. Dr. Kraus, Dr. Lihwa Lin and Dr. Jeff Melby from CERC were at the meeting. Federal money will be used in making the alterations. No local money is involved.



Installing the meters.

Federal Women's Program

Linda Garvin, SES in USACE-Headquarters, and Ms. Kay York, Secretary for LTG Flowers, share their wisdom with Galveston District personnel on "Getting Ahead"



"Your generous hospitality and wonderful team spirit made my visit to Galveston most enjoyable!"
Linda Garvin

On August 22nd, Linda Garvin, SES in USACE-Headquarters, and Ms. Kay York, Secretary for LTG Flowers, shared their experiences and wisdom with Galveston District personnel.

Linda D. Garvin became the Director of Real Estate of the U.S. Army Corps of Engineers on October 12, 1999. She is responsible for the management and oversight of real estate mission execution involving over 1,300 personnel at over 40 locations nationwide. Ms. Garvin talked about her career path from a GS-5 to the Senior Executive Service, and provided some "Steps for Getting Ahead."

Kay York is presently the secretary to Chief of Engineers, LTG Flowers. Immediately prior to

accepting this position she was the secretary to the Commanding General, US Army Maneuver Support Center & Fort Leonard Wood in Missouri. She started her Civil Service Career as GS-2 clerk-typist.

They started their Galveston experience with a trip to Seaborn with Rick Harrison, and then back here for a seminar held by the Federal Women's Program, titled Steps for Getting Ahead and Five Ingredients for Success. After lunch at

Casey's, a Real Estate Town Hall was held. Ms. Garvin and Mrs. York joined with Janet Thomas-Botello, Betty Voelkel, and Paula Rankin Wise for dinner. Also while in the District, they were able to venture out on the M/V Heagy for a trip around the bay.



Paula Wise, Planning and FWP Manager, presented both women with a lovely plaque and a book entitled "Legends" by Angelica

"I was very impressed with the lovely area, the warm and wonderful people and the dedication I saw in so many I met."
Kay York





The Numbers Have Dwindled Again...

Thirty-eight was the number given of employees under the age of 35. And now it's dropped again. Summer has come to an end, and unfortunately that means this year's batch of summer hires have disappeared from our surroundings. There is still a group of students around here though, the co-ops. To show our appreciation a luncheon was held in their honor on August 6. Not only were Galveston's co-ops and summer hires in attendance so were the summer hires from Addicks and Barker, Wallisville, and the Colorado River Locks.

"It was very nice and it made me think that I am, as well as my work is appreciated. It was a big success and I think it encouraged all," said Alicia Rea.

MAJ Hanus attended and presented several students with Commander's Coins and a few others were given cash awards.

"It was a great gesture from everyone, plus the food was great!" said Jody Stephens.

After devouring the food provided by Joe's Barbeque, all of the students were presented with a little gift from their supervisors to go along with their position's stress levels! They ranged from hard hats and candles to levels and model four-wheelers.



Above: Maj. Joe Hanus eats with some of the summer hires. Above, right: Summer hires from the Houston Project Office and Wallisville make their plates. Bottom, right: Co-op student, Jody Stephens, who was presented with a Commander's Coin, smiles for the camera with Don Nanninga, Regulatory.



Corps welcomes new employees



Tiffany Temeny is currently working as a Staff Archeologist in the Planning and

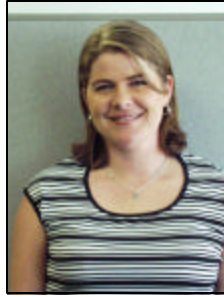
Environmental Branch. Originally from Houston, Tiffany has a B.S. from the University of Houston in Anthropology and a M.A. from the University of Montana in Archaeology / Osteology. She is now a Ph.D. Candidate at the University of Texas at Austin for Archaeology.



Lynette Anders is currently working in Engineering as a project assistant.

Lynette attended Lamar University in Beaumont, Texas, before moving to Houston. She now resides in Galveston with her daughter, Michelle, who is a 8th grade honor student and cheerleader at Galveston Catholic School.

Kristi McMillan is currently working as a Regulatory Specialist in the Regulatory Branch. Originally from Houston, Kristi received her degree in Marine Biology from Texas A&M University.



Natalie Rund is currently working as Environmental Specialist in the Planning and Environmental Branch. She received her degree from Texas A&M Galveston in Maritime Studies last year and now resides in the Clear Lake area.

Reagan Richter is currently working as a Regulatory Specialist at the Corpus Christ Regulatory Field Office. Reagan has a B.S. in Environmental Science and a B.S. in Biology from Southwest Texas State University. Originally from San Antonio, Texas, Reagan spent the last three and a half years in Vero Beach, Florida (paradise), working for the State of Florida in Environmental Health. Reagan is glad to be back in Texas where there is Gulf fishing and better hunting opportunities.

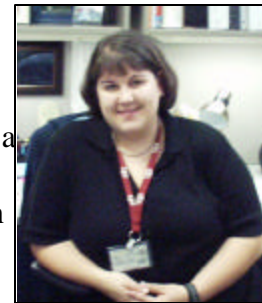
Christopher Wrbas is currently working as a Regulatory Specialist, Evaluation Section, in the Regulatory Branch. He attended the University of St. Thomas, Houston Texas where he received his degree in Environmental Science.

Amanda Schneider is currently working as a Biologist in the Environmental Department. Originally from



Houston, Amanda received her degree in Biology from Texas A&M University. Amanda has played tennis for 14 years so if anyone is looking for a (tough) match, she would make a great opponent.

Felicity Dodson is currently working as a Regulatory Specialist in the Regulatory Branch. A



member of the Fightin' Texas Aggie, Class of 1994, she received her degree in Marine Sciences.

Brian Bader is currently working as a Regulatory Specialist, Evaluation Section in the Regulatory Branch. He has a B.S. degree in Ocean and Coastal Resources from Texas A&M University.

Home Sweet Home.....for PAO that is!

The walk may be further but the door is still always open! The Public Affairs Office, as of August 26th finally found a permanent home. We're located in the south corner between IMO and Emergency Management in room 308.

"It's awesome! It's nice not having to crawl over each other to get stuff done! It's nice not having to yell over people or to just yell at each other and not worry about it! We're really happy over here!" Michele Castelline explains.

The Public Affairs Office will be throwing an open house to let everyone know exactly where they're located and to welcome everyone in. The party will be Thursday, October 3, 2002 from 2:00-3:00 pm.



Chief of Public Affairs, Phyllis Bledsoe in her new office.

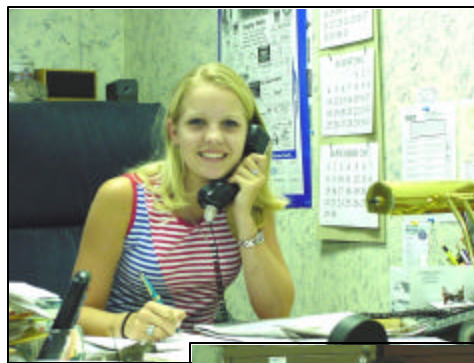
When I grow up, I'm going to BOSS?! Summer hires at the Colorado River Locks get a chance to be lockmaster for the day

Have you ever wondered what it be like to boss or better yet, to be lockmaster for a day? Simon DeSoto, Lockmaster of the Colorado River Locks gave this opportunity to his summer hires, Jill Sims and Jesse Deshotels on August 13th and 15th.

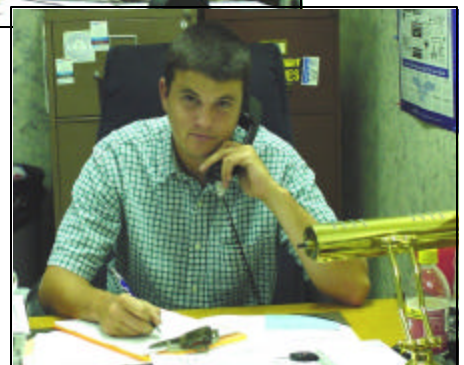
"I wanted my summer hires to experience the everyday activities of a lockmaster," said Simon. "My goal was for them to have a better understanding of lock activities."

Jesse Deshotels, who has been a summer hire at locks for several summers appreciated this opportunity. "I have a new respect for what Simon does and know that I want to be a lockmaster once I finish college," Jesse said.

Jill Sims had similar sentiments, but unlike her co-worker enjoyed telling the other employees what to do. "I wouldn't mind being boss again, but I want the pay that comes along with it," she joked.



Jill Sims



Jesse Deshotels

HELP! Volunteers needed to clean the *TRINITY RIVER*



At last year's cleanup, volunteers piled up tires and other trash.



Richard Long, Park Manager, Houston Project Office assists volunteers with removal of debris and trash.

Saturday, September 28, 2002, is National Public Lands Day, a day when all Americans are asked to stop and think about what a valuable resource our public lands and waters are to this nation....places where you can hunt, fish, boat, hike, nature watch, or just enjoy getting out. Stop and think about our public lands on this day and take an active roll in improving these resources.

The Wallisville Lake Project and the Trinity River are two of these valuable resources. In accordance with NPL Day, the U.S. Army Corps of Engineers along with the Chambers-Liberty County

Navigation District (CLCND) and its educational arm, the Water-Borne Education Center will host a clean-up of the Trinity River and its surrounding waters and lands from north of I-10 to Anahuac. You are invited and encouraged to join us.

"A clean Trinity River is very important to the citizens of Chambers County," said Pudge Wilcox, General Manager of the CLCND. "We get much of our drinking and irrigation water from the river." Joan Walker, Executive Director of the Water-Borne Education Center noted, "The Trinity River and its surrounding waters and land is an astonishing outdoor class room and a valuable asset to the entire Galveston Bay system."

Registration of volunteers for the clean up activities will begin at 8:00 a.m. at the Wallisville Lake Project boat ramp located on the east side of the Trinity River and south of I-10 about 2 miles. The actual cleanup will run from 9:00 a.m. until 12 noon with a light lunch to follow for volunteers. A participation patch will also be available to members of organized youth groups such as the Boy Scouts, Girl Scouts and other youth oriented groups.

Volunteers need to bring work gloves, hats, water, and PFDs (life jackets). Volunteers with boats are also needed so more people can get on the water and more trash removed from the water. "We will be accepting all trash brought in by boat," said Richard Long, Park Manager for the Wallisville Lake Project. "The Corps has a vested interest in not only the Wallisville Lake Project but also the Trinity River and the entire Galveston Bay System. If we can keep the trash from reaching the bay now, it is just one less problem in the future."

For additional information and directions please contact the Wallisville Lake Project at 409-389-2285.

Safety during floods and flash floods

Perhaps the biggest cause of flood-related deaths and injuries is lack of public understanding of the severity and danger involved in floods and flash floods. The following tips can help protect you during flood events:

- Many people are killed by driving or walking on roads and bridges that are covered by water. Even though the water might look only inches deep, it could be much deeper and with very strong currents. It only takes two feet of water to carry away many cars; six inches of swiftly moving water will sweep a person off his feet.

- Most trucks, four-wheel drive, and sports utility vehicles also are susceptible to being swept away by high water. Such vehicles often give motorists a false sense of security, believing the vehicles are safe under any conditions. This belief results in deaths or emergency rescues of motorists in vehicles either stuck in or swept away by flood waters.

- If you are approaching a flooded roadway, turn around and take an alternate route. Even though vehicles in front of you have passed through the high water, you may not be as lucky.

- If your car stalls, abandon it immediately and climb to higher ground. Many deaths have resulted from attempts to move stalled vehicles.

- Never let children play near creeks or storm drains when the water is rising or high. Every year, deaths or injuries occur as a result of people getting swept away, with the most frequent victims being children.

- Flooded streams and rivers are not safe for recreational boating. Many canoeists and kayakers had to be rescued from dangerous rapids in flood-swollen streams and rivers.

- Never set up a tent or camper on the bank

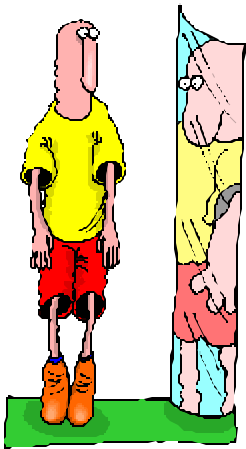


A sign warns "No vehicles beyond this point" on a west end beach near Pabst Road and Bermuda Beach Drive.

of a river or stream. It is best to allow some distance between the campsite and water so if a flash flood does occur, you will have more time to move to higher ground.

- If you live in a low-lying area or near a creek, pay close attention to water levels during heavy rain events. Water levels rise rapidly during flash floods, often surprising victims. Heavy rainfall upstream can cause a river or stream to rise quickly, even if it is not raining near you. Be prepared to move quickly to higher ground if water levels begin rising. Quickly responding to an evacuation order can save your life.

- If advised to evacuate, do so immediately. Follow recommended evacuation routes. Shortcuts may be blocked.



High-Fat Diet: Count Calories and Think Twice

The debate over high-fat versus low-fat as a means of weight control flared up again this summer, leaving many weight-conscious Americans thoroughly confused and most nutrition experts up in arms.

Though billed as a “diet revolution,” the high-protein, high-fat, extremely low carbohydrate diet championed by Dr. Robert C. Atkins is hardly revolutionary. It was first promoted in the late 1800’s by an English coffin maker and has reappeared periodically in various incarnations, most successfully since the early 1970’s by Dr. Atkins, who promoted it with a series of books and a clinic that bear his name.

Does it help people lose weight? Of course it does. If you cannot eat bread, bagels, cake, cookies, ice cream, candy, crackers, muffins, sugary soft drinks, pasta, rice, most fruits and many vegetables, you will almost certainly consume fewer calories. Any diet will result in weight loss if it eliminates calories that previously were overconsumed.

This diet seems easy because it places no limits on the amounts of meats, fats, eggs, cheese and the like you can eat. These foods digest slowly, making you feel satisfied longer. Also, a diet without carbohydrates causes the body to make substances called ketones that may create a mild nausea, suppressing hunger.

But in a major report, the Institute of Medicine of the National Academies emphasized the importance of balance of nutrients, with carbohydrates — starches and sugars — making up 45 percent to and 65 percent of daily calories and fats, 20 percent to 35 percent. The panel of 21 scientists also urged Americans to keep as low as possible their consumption of saturated fats, the foods Dr. Atkins recommends as his diet’s main components.

Testimonials abound from people who have

lost scores of pounds — painlessly, they say — on the Atkins diet. This is not surprising. After all, how much of a limited category of foods can you eat before you find yourself eating less and less? With few carbohydrates, the weight initially comes pouring off — literally — in body water, the first 5 to 10 pounds of weight loss.

One question I’d like to see answered is how long anyone can stay on such a scheme and what happens when you start adding back some of the wholesome foods limited or forbidden on this diet, like sweet corn, grapes, watermelons, potatoes, carrots, beets or oatmeal.

A more important question: For those who stick with the diet, which allows back very limited amounts of carbohydrate-rich foods, what happens to their health?

In a study by Dr. Chia-Ying Wang and colleagues at the University of Texas Southwestern Medical Center in Dallas, reported in August in *The American Journal of Kidney Diseases*, just six weeks of a low-carbohydrate, high-protein diet greatly increased the risk of developing kidney stones. “This study shows that this is not a healthy way to lose weight,” Dr. Wang said.

What is surprising is that after three decades of simmering and soaring popularity, the Atkins diet has yet to be tested for long-term safety and effectiveness. In an interview, Dr. Atkins said: “A long-term study would cost millions and millions of dollars. We can afford to do a six-month study.” Those shorter studies, he said, have shown “major improvements in lab tests and well-being.” He said his foundation has contributed to a study under way at Harvard comparing the short-term effectiveness and health effects of diets low in carbohydrates versus diets low in fat.

Dr. Abby Block, nutritionist at the foundation, said studies of the Atkins diet lasting six months to a year and extensive clinical experience, have shown consistent improvements in blood lipids and glucose levels, suggesting that the diet can improve health despite its high levels of saturated

fats and cholesterol, long associated with heart disease risks.

Why hasn't the government tested it? One possible reason is that it is unlikely to be approved by any review committee, given what is known about the effects of animal fats and cholesterol on the risk of heart disease, strokes and some cancers, as well as accumulating evidence that diets rich in fruits and vegetables and moderate in protein and fat can prevent diseases like high blood pressure, prostate cancer, heart disease and diabetes. The Atkins diet is shy on several vital nutrients, including the B vitamins and vitamins A, C and D, antioxidants that slow the effects of aging, and calcium. And, a diet rich in animal protein can draw calcium from the bones, increasing the risk of osteoporosis and hip fractures.

What Are the Facts?

The Atkins diet is attractive to many Americans who have found it hard to lose weight on

a low-fat diet. In recent decades, as Americans have been admonished to eat less fat, levels of obesity continued to rise, a situation noted in a recent article in The New York Times Magazine by Gary Taubes, a science writer, who told me he had lost considerable weight on the Atkins diet.

But many well-established facts can explain what happened to the American figure without damning carbohydrates or blaming low-fat diets, *per se*.

First, Americans are simply eating more — an average of 400 calories a day more than they did decades ago. Four hundred calories times 365 days divided by 3,500 (the amount of calories in a pound of fat) equals 41.7 pounds gained in a year, all other things being equal. Of course, the caloric increase did not happen overnight, but the gradual increase, with little or no increase in caloric output from physical activity, can easily explain the creeping

continue on page 20...

Just A Note:

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes is a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles. There are two major types of diabetes:

•**Type 1** - A disease in which the body does not produce any insulin, most often occurring in children and young adults. People with type 1 diabetes must take daily insulin injections to stay alive. Type 1 diabetes accounts for 5 to 10 percent of diabetes.

•**Type 2** - A metabolic disorder resulting from the body's inability to make enough, or properly use, insulin. It is the most common form of the disease. Type 2 diabetes accounts for 90 to 95 percent of diabetes. Type 2 diabetes is nearing epidemic proportions, due to an increased number of older Americans, and a greater prevalence of obesity and sedentary lifestyles.

Symptoms

Often diabetes goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate the early detection and treatment can decrease the chance of developing the complications of diabetes.

Some of the symptoms of diabetes are:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision



September Birthdays

Luis Rodriguez	Sept. 1
Glenn Weitknecht	Sept. 1
Howard Lemoine	Sept. 3
Lillian Terry	Sept. 4
Charles Holder	Sept. 5
Phil Coughlin	Sept. 5
Don Hester	Sept. 5
Andrea Catanzaro	Sept. 5
Paul Sandoval	Sept. 6
Sharon Lamkins	Sept. 6
Michelle Clark	Sept. 6
Cheryl Jaynes	Sept. 7
Luis Saenz	Sept. 9
Reggie Thomas	Sept. 9
Genevieve Trdla	Sept. 10
Daniel Williams	Sept. 12
Bill Hopkins	Sept. 12
John Gaskin	Sept. 14
Chris Rossi	Sept. 15
Fred Requenez	Sept. 15
Robert Behrens	Sept. 15
Natalie Rund	Sept. 18
Tom Benero	Sept. 18
Carlton Brown	Sept. 19
Debra Jones	Sept. 19
Joy Smith	Sept. 21
Joan Moratto	Sept. 22
Art Janecka	Sept. 22
Chris Wrbas	Sept. 24
John Bember	Sept. 24
Wayne Dunham	Sept. 24
Charles Stimmel	Sept. 24
Norma Garcia	Sept. 24
Gilbert Trevino	Sept. 25
David Orr	Sept. 27
Sandra Welborn	Sept. 28
Michael Hinton	Sept. 28

Babies On Board

Congratulations to John Gaskin, General Engineering, and his wife, Tahlia Gaskin, who are the proud parents of a baby boy. John Max Gaskin was born at UTMB in Galveston Texas 12:40 p.m. on September 10th. Mother and child are doing fine.



Congratulations to Roseanne Theobald, Programs Management, who is the proud grandma. Robert Anthony Aguanno, who was born on August 27, 2002 at 9:30 a.m., weighing in at 8 lbs.10 ozs, 20 1/4" long. Grandma Theobald is very proud!



Condolences....

Please keep your thoughts and prayers with Carol Nelson (CO) and her family. William Szanyi, Carol's brother passed away. Memorials may be made in Bill's honor to the American Cancer Society, P.O. Box 129, Texas City, TX 77592-0129.

Our sympathy goes to Eliseo (Alex) Cadena of Southern Area Office. Victoria Cadena, Alex's mother passed away Sept. 5. Services were held in Corpus Christi on Sept. 6.





Job Well Done!

Kudos to
Michelle Clark,

Regulatory Office for her immediate response, cooperation, and coordination in developing standard operating procedures to improve the environmental clearances for the temporary housing program during the central Texas' storms and flooding. She was extremely helpful and always available when we (FEMA) called upon her expertise. She worked many long hours and weekends to provide exceptional service.

Congratulations to Mike Diaz for being selected as a technical 13 under Engineering Division, General Engineering Section. "Mike is a hard worker," said Mike Castelline, Chief of General Engineering, "and I know that he will do very well in his position."

Also, congratulations goes to Rhonda Brown, who was chosen as a temporary 13 supervisor for Engineering Division, Geotechnical and Structures. Her position is for 120 days.

Welcome home..

Welcome home, Kenny Jaynes and John Machol, Regulatory! Both have returned to Galveston District after attending Army Management Staff College from May to August in Fort Belvoir, Virginia.

Happy Anniversary

Happy Anniversary to Mike Castelline, General Engineering, and his wife, Lupita, who are celebrating 28 blissful years of marriage on Sept. 28 (even more so now, that both kids are out of the house!).



Walking for Cures

Over 16 million people in the United States (over 5 million undiagnosed) have diabetes – a chronic, debilitation disease affecting every organ system. Every three minutes someone dies from diabetes, the leading cause of kidney failure, adult blindness, and non-traumatic amputations, a leading nerve damage, heart attack and stroke. The U.S. spends \$105 billion every year in health-related costs to cope with this disease. By 2005, the World Health Organization estimates 300 million people will have diabetes. Daily insulin injections provide life support, but insulin is not a cure.

How can you help? Sunday, October 20, 2002 University of Houston Clear Lake will be hosting Walk to Cure Diabetes. The 3-mile walk will begin at 9:00 a.m., with check in at 8:00 a.m. The walk will take place come rain or shine! Money raised will go toward Juvenile Diabetes Research Foundation.

The Juvenile Diabetes Research Foundation was founded in 1970 by parents of children with diabetes. Their mission: to find a cure to the disease and its complications through the support of research. JDRF is organized on a business-world model, a focus that has made it one of the nation's most cost-efficient charities. In a typical year, 85% of their expenses support research and education about research. Since 1970 JDRF has provided over \$500 million for diabetes research, more than any other nonprofit nongovernmental health agency in the world.

For more information: www.jdrf.org.

Tracy Orr, bids a farewell to Galveston District



"I would like to thank all of you for your support and friendship during my stay here at the Galveston District. It has been a real pleasure working with all of you. I wish everyone of you the best of luck in the years to come. Remember to maintain a good sense of humor, a positive attitude, and a good state of well-being (physically and mentally). (Thought I'd better throw that in after serving as Chairperson of the Wellness Committee for the past few years!) I will miss all of you. The Galveston District has been a great place to work!"

Tracy C. Orr

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obesity that is now approaching a gallop.

Second, portion sizes have ballooned. A double cheeseburger, jumbo fries and supersize soda may be a single meal at a restaurant, but they contain all the calories a person should consume in an entire day.

When nutrition experts began urging Americans to cut back on fats, many filled in by eating more carbohydrates — a lot more than anyone recommended. Food producers jumped on the bandwagon to produce low-fat snacks and desserts, and Americans went hog wild, eating as much of them as they wanted.

Many fat-free foods have as many calories, or nearly as many, as their original high-fat versions, since sugars and other

carbohydrates replace the fat and reduce the loss of flavor.

Third, Americans are not eating a low-fat diet. Despite a decline in the percentage of fats in the American diet, most people still eat the same amount. As caloric intake rose, the percentage of fat calories dropped but the total amount did not. Americans are eating more of every thing, especially refined carbohydrates, which are made from white flour and sugars, doing neither their health nor their waistlines any good.

Dr. Denke concurred: "No matter what anyone tells you, it's calories that count. Carefully controlled metabolic studies show that it doesn't matter where extra calories come from. Eat more calories than you expend and you'll gain weight."

Upcoming Events in October

October 7

*Brown Bag
with Col. Waterworth over
Employee Survey*

October 8-10

*Texoma Regional SAME -
Houston*

October 10

PRB / BOD

October 14

*HOLIDAY
Columbus Day*

October 16

Bosses Day

October 23

*Bayou Press Association
Benefit - Boat Trip with
Jefferson County
Navigation District*

October 31

Halloween

